

What is claimed is:

1. A method of skin care for a human, which comprises orally administering a skin care agent comprising an ingestible carrier and natural-type N-acetylglucosamine obtainable by hydrolysis of chitin with an acid, an enzyme, or an acid and an enzyme, wherein the natural-type N-acetylglucosamine is contained in an amount of from 0.1 to 99.9 % by weight. *based on what*

2. The method of skin care according to Claim 1, wherein the natural-type N-acetylglucosamine is contained in an amount of from 1 to 50 % by weight. *based on what*

3. The method of skin care according to Claim 1, wherein the N-acetylglucosamine is orally administered in an amount of from 0.1 to 15 g per day.

4. A method of skin care for a human, which comprises orally administering a skin care agent comprising chitinoligosaccharide and natural-type N-acetylglucosamine obtainable by hydrolysis of chitin with an acid, an enzyme, or an acid and an enzyme, wherein the chitinoligosaccharide is contained in an amount of from 0.1 to 20 % by weight and the natural-type N-acetylglucosamine is contained in an amount of from 0.1 to 99.9 % by weight. *based on what*

5. A method of skin care for a human, which comprises orally administering a skin care agent comprising collagen peptide and natural-type N-acetylglucosamine obtainable by hydrolysis of chitin with an acid, an enzyme, or an acid and an enzyme, wherein the collagen peptide is contained in an amount of from 0.1 to 99.9 % by weight and the natural-type N-acetylglucosamine is contained in an amount of from 0.1 to 99.9 % by weight. *based on what*

6. The method of skin care according to Claim 5, wherein the collagen peptide is obtainable by extracting collagen from skin or its adjacent portion, or bone or its adjacent portion of fishes,

*N-acetyl*

followed by enzymolysis and reverse osmosis membrane treatment, and contains at most 1.0 % by weight of free amino acid and at most 2 ppm of arsenic.

7. The method of skin care according to Claim 1, wherein the ingestible carrier is a food.

8. The skin care agent according to Claim 7, wherein the food is at least one member selected from the group consisting of confectioneries, powdered soups, dairy products, beverages, gum, candies, tabletted confectioneries, chocolate, jelly, cookies, corn potage soup, consomme soup, milk, pudding, yogurt, ice cream, alcohol beverages, vitamin beverages, mineral beverages, coffee beverages and nutrition drinks.

9. The method of skin care according to Claim 1, wherein the skin care agent is administered in the form of tablets, capsules, powder, granules, liquid or paste.

10. The method of skin care according to Claim 4, wherein the skin care agent further comprises an ingestible carrier.

11. The method of skin care according to Claim 10, wherein the ingestible carrier is at least one food selected from the group consisting of confectioneries, powdered soups, dairy products, beverages, gum, candies, tabletted confectioneries, chocolate, jelly, cookies, corn potage soup, consomme soup, milk, pudding, yogurt, ice cream, alcohol beverages, vitamin beverages, mineral beverages, coffee beverages and nutrition drinks.

12. The method of skin care according to Claim 4, wherein the skin care agent is administered in the form of tablets, capsules, powder, granules, liquid or paste.

13. The method of skin care according to Claim 5, wherein the skin care agent further comprises an ingestible carrier.

14. The skin care agent according to Claim 13, wherein the

ingestible carrier is at least one food selected from the group consisting of confectioneries, powdered soups, dairy products, beverages, gum, candies, tabletted confectioneries, chocolate, jelly, cookies, corn potage soup, consomme soup, milk, pudding, yogurt, ice cream, alcohol beverages, vitamin beverages, mineral beverages, coffee beverages and nutrition drinks.

15. The method of skin care according to Claim 5, wherein the skin care agent is administered in the form of tablets, capsules, powder, granules, liquid or paste.

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